

Statistics Report 09254, Pears, canned, juice pack, solids and liquids

Report Date: June 30, 2017 20:10 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 86.47 | 6 | 0.131 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Energy | kcal | 50 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Energy | kJ | 209 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2007 |
| Protein | g | 0.34 | 15 | 0.012 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Total lipid (fat) | g | 0.07 | 14 | 0.014 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Ash | g | 0.19 | 6 | 0.001 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Carbohydrate, by difference | g | 12.94 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Fiber, total dietary | g | 1.6 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/1995 |
| Sugars, total 1 | g | 9.70 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 01/2003 |
| Sucrose 1 | g | 0.60 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 01/2003 |

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|--------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Glucose (dextrose) 1 | g | 3.30 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 01/2003 |
| Fructose 1 | g | 5.80 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 01/2003 |
| Maltose 1 | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 01/2003 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 9 | 14 | 0.396 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Iron, Fe | mg | 0.29 | 7 | 0.058 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Magnesium, Mg | mg | 7 | 13 | 0.364 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Phosphorus, P | mg | 12 | 14 | 0.847 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Potassium, K | mg | 96 | 13 | 8.984 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Sodium, Na | mg | 4 | 13 | 0.462 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Zinc, Zn | mg | 0.09 | 6 | 0.005 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

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|--------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Copper, Cu | mg | 0.053 | 6 | 0.005 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Manganese, Mn | mg | 0.034 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Selenium, Se | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09252 | 01/2003 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.6 | 7 | 0.068 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Thiamin | mg | 0.011 | 3 | 0.001 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Riboflavin | mg | 0.011 | 3 | 0.002 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Niacin | mg | 0.200 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Pantothenic acid | mg | 0.022 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Vitamin B-6 | mg | 0.014 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Folate, total | µg | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2007 |
| Folate, DFE | µg | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2007 |
| Choline, total | mg | 3.4 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09252 | 01/2007 |

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|---|------|-------------------|----------------|------------|-----|-----|-----|----|----|-----------|--|---------|------------------|
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 0 | 2 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 01/2007 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Carotene, beta | µg | 3 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09252 | 01/2003 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09252 | 01/2003 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09252 | 01/2003 |
| Vitamin A, IU | IU | 6 | 2 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09252 | 01/2003 |
| Lutein + zeaxanthin | µg | 34 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09252 | 01/2003 |
| Vitamin E (alpha-tocopherol) | mg | 0.08 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09252 | 01/2003 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin K (phylloquinone) 2 3 | µg | 0.3 | 2 | -- | 0.2 | 0.5 | 1.0 | -- | -- | 2 | Analytical or derived from analytical | -- | 01/2003 |

Lipids

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Fatty acids, total saturated | g | 0.004 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 12:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 14:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 16:0 | g | 0.003 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total monounsaturated | g | 0.014 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

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|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| 16:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 18:1 undifferentiated | g | 0.013 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total polyunsaturated | g | 0.015 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:2 undifferentiated | g | 0.015 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:3 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

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|--------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total trans | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2015 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |
| Amino Acids | | | | | | | | | | | | | |
| Threonine | g | 0.009 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Isoleucine | g | 0.010 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Leucine | g | 0.017 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Lysine | g | 0.012 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Methionine | g | 0.004 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Cystine | g | 0.003 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Phenylalanine | g | 0.009 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

[illegible]

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|----------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|-----------------|---------|------------------|
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/1985 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |

Sources of Data
¹J.A. Dudek **Investigation of total dietary fiber methodology in the characterization of the carbohydrate fraction of canned pears**, 1985 Journal of Food Science 50 pp.851-852
²S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579
³G. Ferland, D. MacDonald, J.A. Sadowski **Development of a diet low in vitamin K (phylloquinone)**, 1992 J. American Dietetic Assoc 92 5 pp.593-597